

Experiences Related to Focused Attention

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

After my child spent a period of weeks listening to *Metamusic* tapes while falling asleep, her preschool teacher said to me, "I am amazed at her attention span, her ability to listen to and follow directions, her desire to do what pleases, and the effort she is willing to expend to master activities that are hard or challenging for her."

Super Sleep, played continually throughout the night with an auto-reverse player, was highly successful in modifying a 3-year-old's disturbed sleeping behavior and helping him sleep through the night. Additionally, the child worked harder and more persistently at tasks, spoke more clearly, and accepted correction of his speech more readily, listened better, and was less easily frustrated, started to enjoy books and to sit still for stories to be read to him.

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